

**Food  
Amounts  
Booklet**

**Folleto de las  
Cantidades de  
Alimentos**

**Interviewer  
Copy**

## Food Amounts Booklet Conversion Guide for Dietary Interviewers

When the participant shows a picture in the Food Amounts Booklet, convert to NDSR amounts per the following information.

Squares and Rectangles 1/4 inch grid (pg 1)	Circles (pg 2)		
Enter as fractions, e.g., 9/4 wide x 12/4 long x 5/4 high or use page 4 for thickness. Each square is 1/4" x 1/4". Select shape, cube (3 dimensions) or rectangle (2 dimensions) per NDSR.	Select shape, circle or sphere. Enter diameter in inches (") per the following:		
	A = 1 inch B = 2 inches C = 2 1/2 inches	D = 3 inches E = 4 inches F = 5 inches	G = 6 inches H = 7 inches

Wedges (pg 3)						
<b>STEP 1: Select the number that corresponds to the radius. Enter the radius in inches in NDSR</b>	<b>STEP 2: Find the number selected in step 1. Next, find the letter that matches to the length of the arc. Enter the number in inches you obtained as the width in NDSR</b>					
<b>1</b> = 4" radius (8" D <sup>1</sup> ) <b>2</b> = 4 1/2" radius (9" D) <b>3</b> = 6" radius (12" D) <b>4</b> = 8" radius (16" D) <b>5</b> = 9" radius (18" D)		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
	<b>1</b>	0.6"	1.1"	2.1"	2.6"	3.9"
	<b>2</b>	0.7"	1.3"	2.4"	2.9"	4.4"
	<b>3</b>	0.9"	1.6"	3.1"	3.9"	5.9"
	<b>4</b>	1.1"	2.1"	4.1"	5.1"	7.8"
	<b>5</b>	1.3"	2.4"	4.7"	5.8"	8.9"
For 3D <sup>2</sup> wedge, also use <b>Thickness</b> (pg 4, height=x/16) or <b>Squares and Rectangles</b> (pg 1, height=x/4)						

Thickness (pg 4)	Measuring Spoons (pg 5)	Eating and Serving Spoons (pg 6)	Measuring Cups (pg 7)
Each unit is 1/16" thick. Enter thickness as fraction. E.g.: 1 = 1/16" 2 = 2/16" 3 = 3/16" 18 = 18/16"	<u>Standard measures</u> 1/2 teaspoon (TS) 1 teaspoon 1/2 tablespoon (TB) 1 tablespoon	<u>Teaspoons:</u> Level = 1 TS Heaping = 2 TS <u>Tablespoon:</u> Level = 1 TB Heaping = 2 TB	Standard measures 1/4 cup (CP) 1/3 CP 1/2 CP 1 CP

Glasses (pg 8-9) (Fluid Ounces, FO)			
1 A = 1 1/4 FO 1 B = 2 1/2 FO 1 C = 3 3/4 FO 1 D = 5 FO	2 A = 2 1/2 FO 2 B = 5 FO 2 C = 7 1/2 FO 2 D = 10 FO	3 A = 3 FO 3 B = 6 FO 3 C = 9 FO 3 D = 12 FO	4 A = 8 FO (1 CP) 4 B = 16 FO (2 CP) 4 C = 24 FO (3 CP) 4 D = 32 FO (4 CP)

Bowls (pg 10-11)				Wine Glass (pg12)	Mug (pg 13)
1 A = 1/8 CP 1 B = 1/4 CP 1 C = 3/8 CP 1 D = 1/2 CP	2 A = 3/8 CP 2 B = 3/4 CP 2 C = 1 1/4 CP 2 D = 1 1/2 CP	3 A = 3/4 CP 3 B = 1 1/2 CP 3 C = 2 1/4 CP 3 D = 3 CP	4 A = 2 CP 4 B = 4 CP 4 C = 6 CP 4 D = 8 CP	A = 2 FO B = 4 FO C = 6 FO D = 8 FO	A = 2 1/2 FO B = 5 FO C = 7 1/2 FO D = 11 FO

Mounds (pg 14-15)	Meats (pg 16) (Ounces, OZ)	Chicken (pg 17) (Medium, MD)	Fish (pg 18)
1 = 1 CP 2 = 3/4 CP 3 = 1/2 CP 4 = 1/3 CP 5 = 1/4 CP	All are edible portion 1 = 3 OZ 2 = 3 OZ 3 = 1 1/2 OZ	Edible portion Wing = 1 MD Drumstick = 1 MD Thigh = 1 MD Breast = 1 MD	Edible portion 1 = 2 OZ 2 = 3 OZ 3 = 1/2 OZ 4 = 1 OZ

<sup>1</sup> D = Diameter

<sup>2</sup> 3D = three dimensional

# Squares and Rectangles

## Cuadrados y Rectángulos

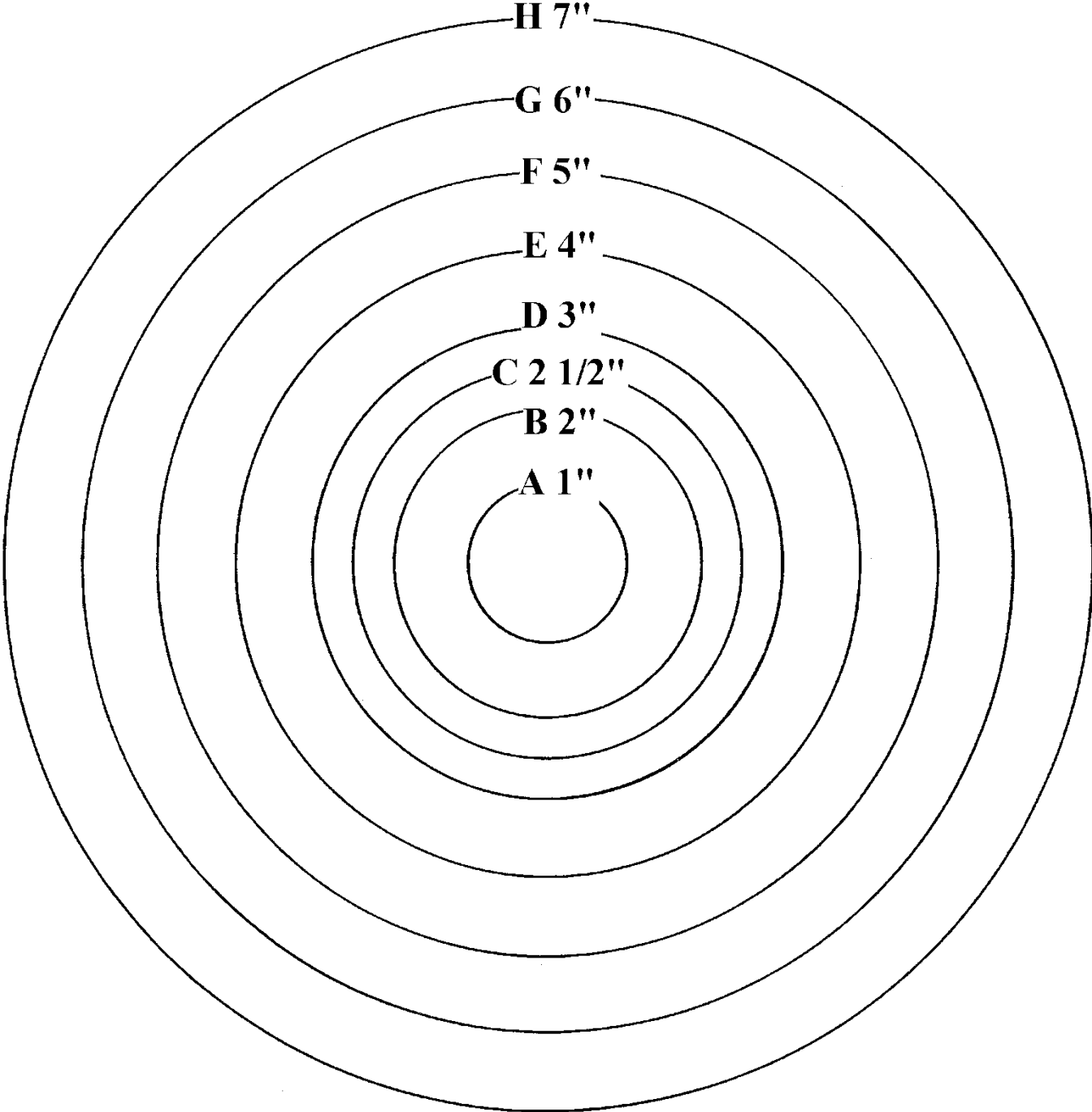
A 28x28 grid for drawing squares and rectangles. The grid is numbered 1 to 28 on both the top and left sides. An arrow points to the bottom-left corner with the text "Start Here".

37	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28		
36																													36	
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2																														2
1																														1
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28		

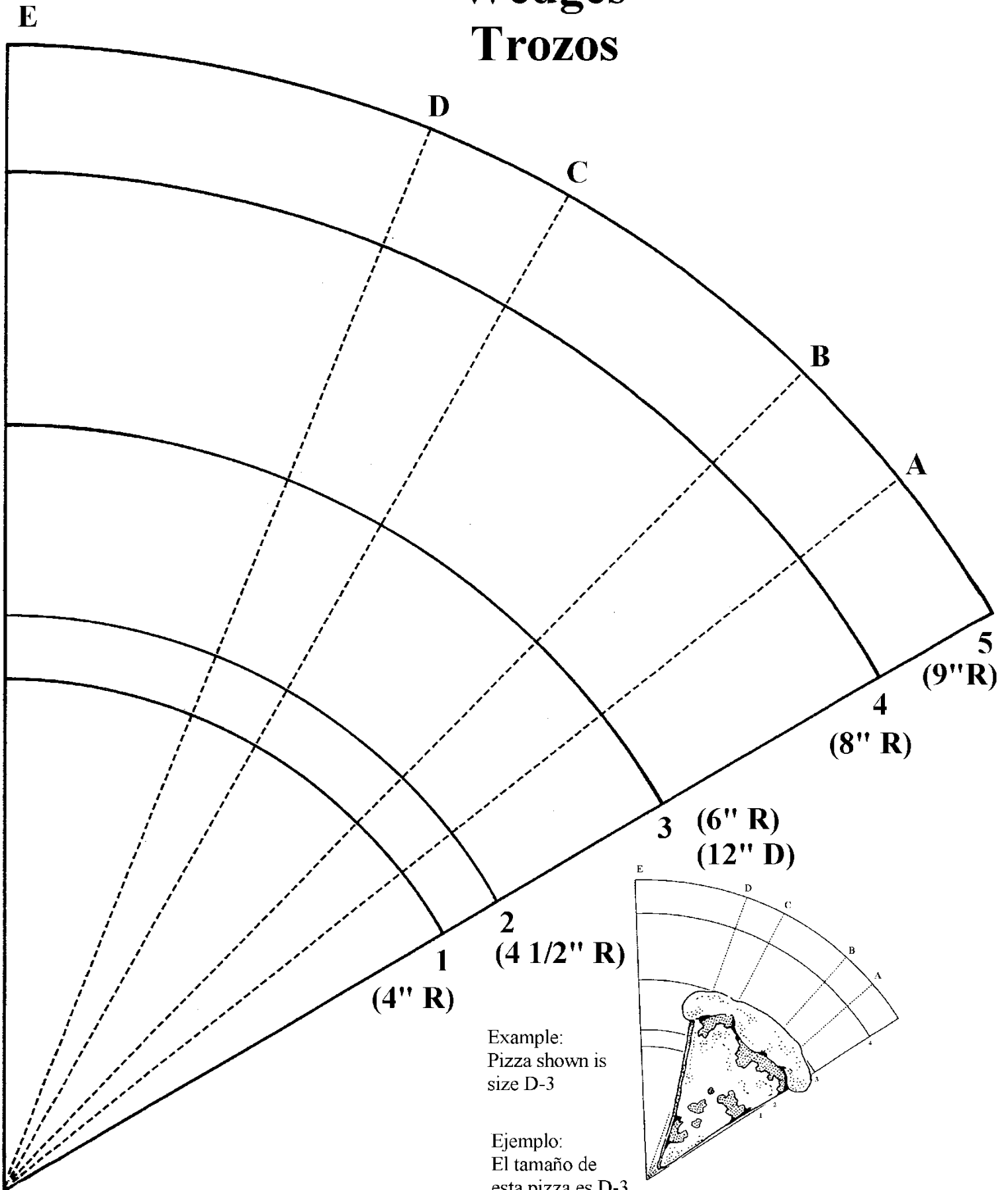
Start Here

# Circles

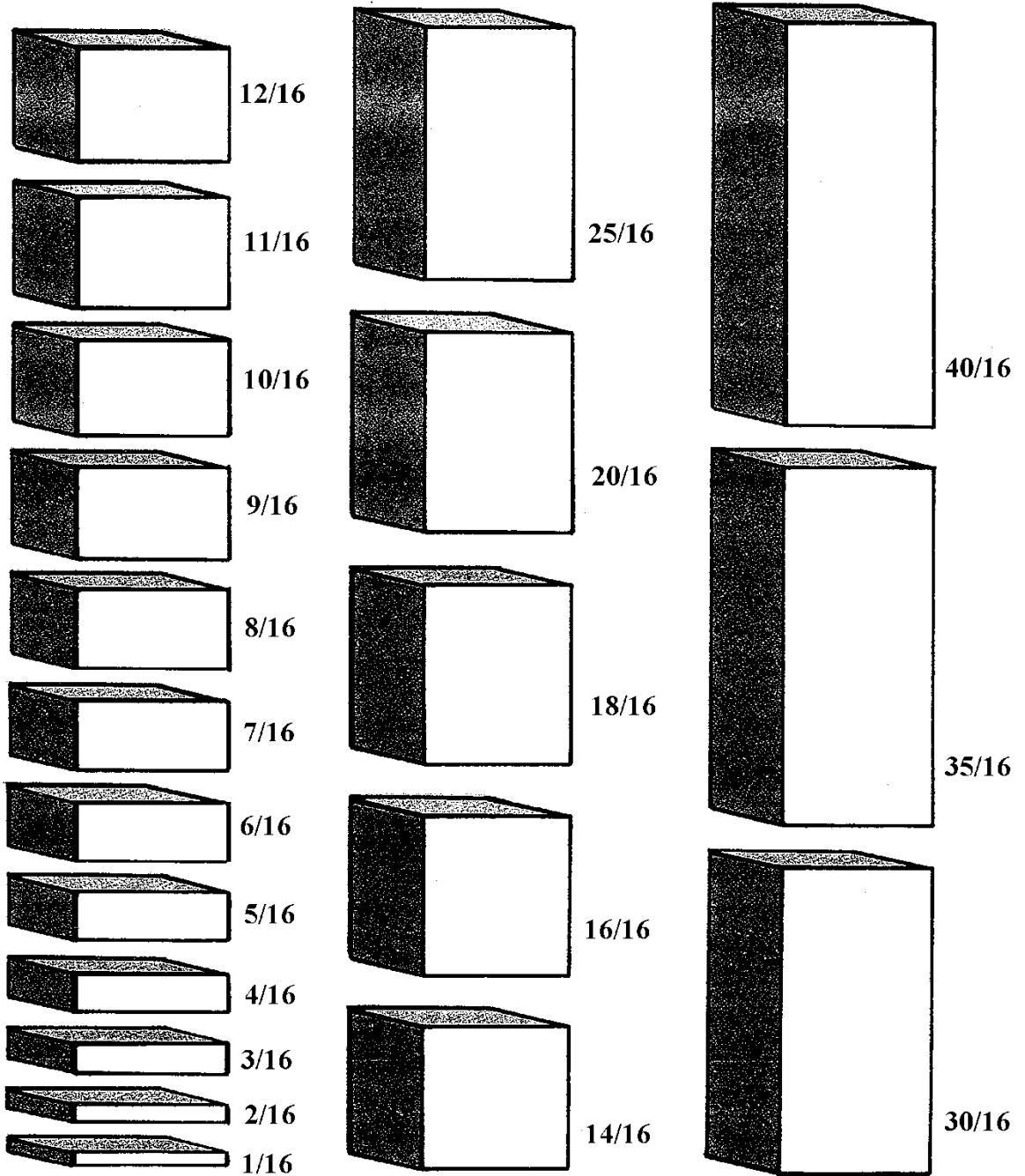
# Círculos



# Wedges Trozos

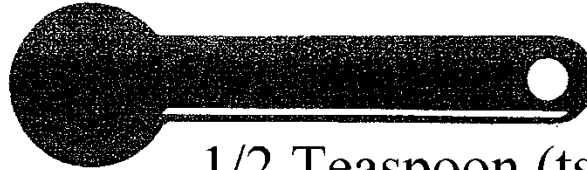


# Thickness Grosor

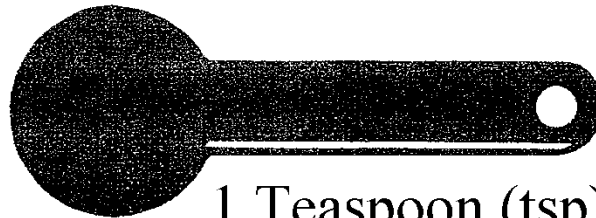


# Measuring Spoons

## Cucharas para Medir



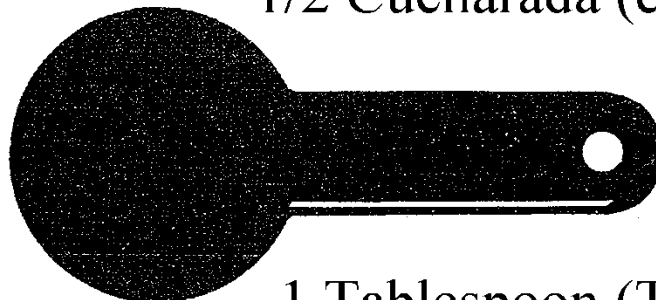
1/2 Teaspoon (tsp)  
1/2 Cucharadita (cdta)



1 Teaspoon (tsp)  
1 Cucharadita (cdta)



1/2 Tablespoon (Tbsp)  
1/2 Cucharada (cda)

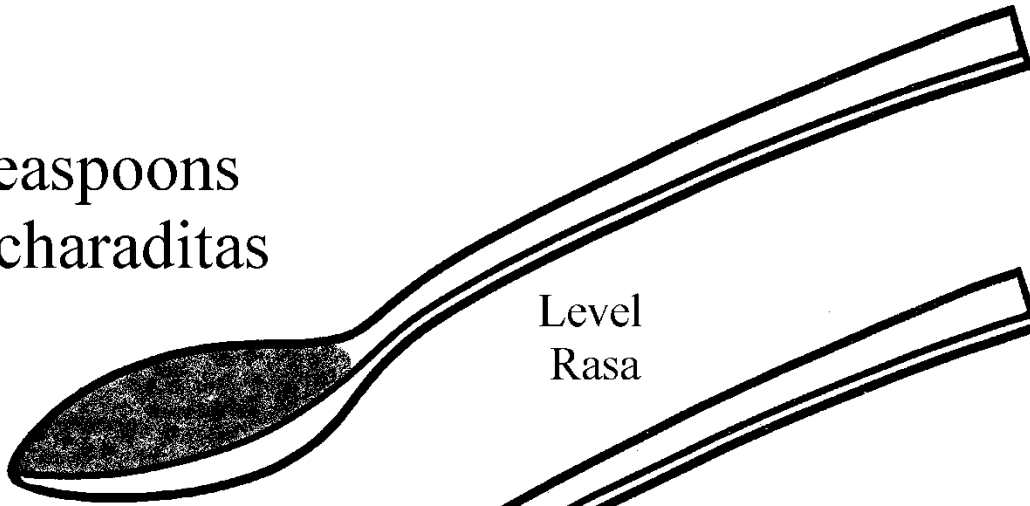


1 Tablespoon (Tbsp)  
1 Cucharada (cda)

# Eating and Serving Spoons Cucharas para Comer y Servir

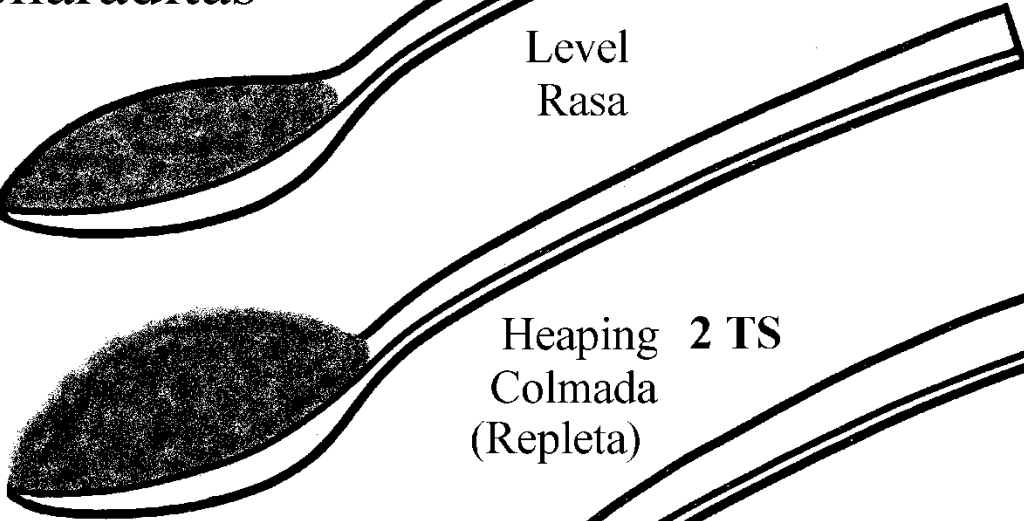
Teaspoons  
Cucharaditas

1



Level  
Rasa

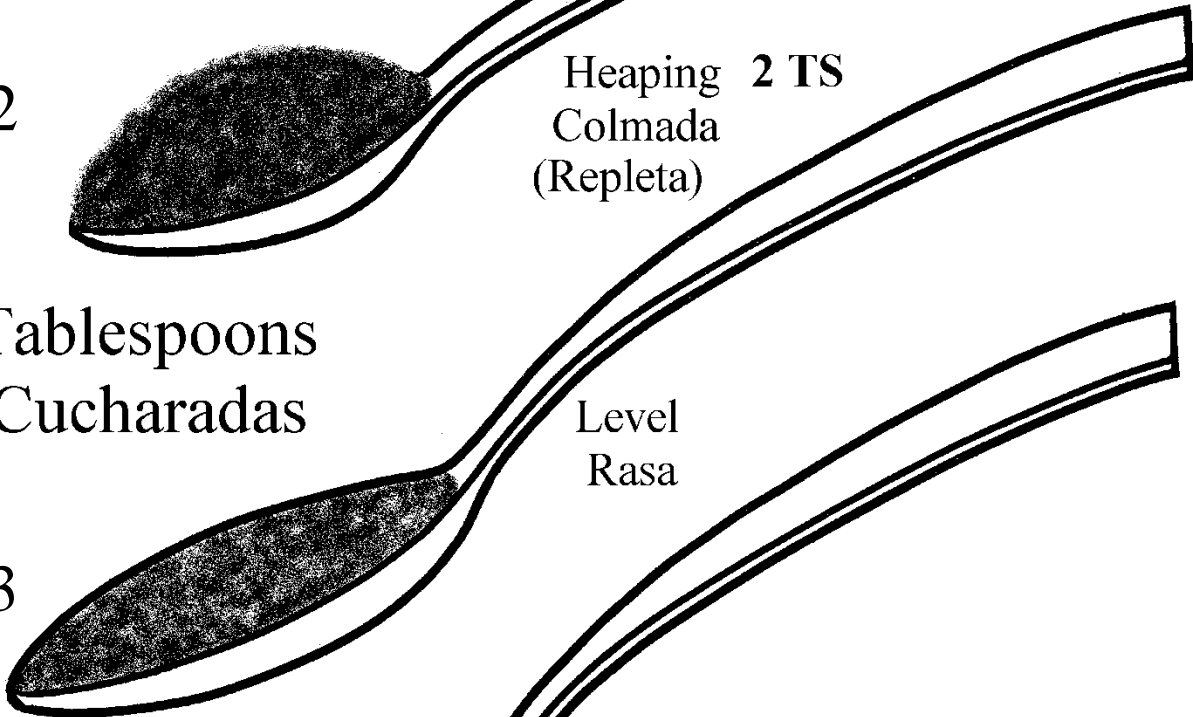
2



Heaping **2 TS**  
Colmada  
(Repleta)

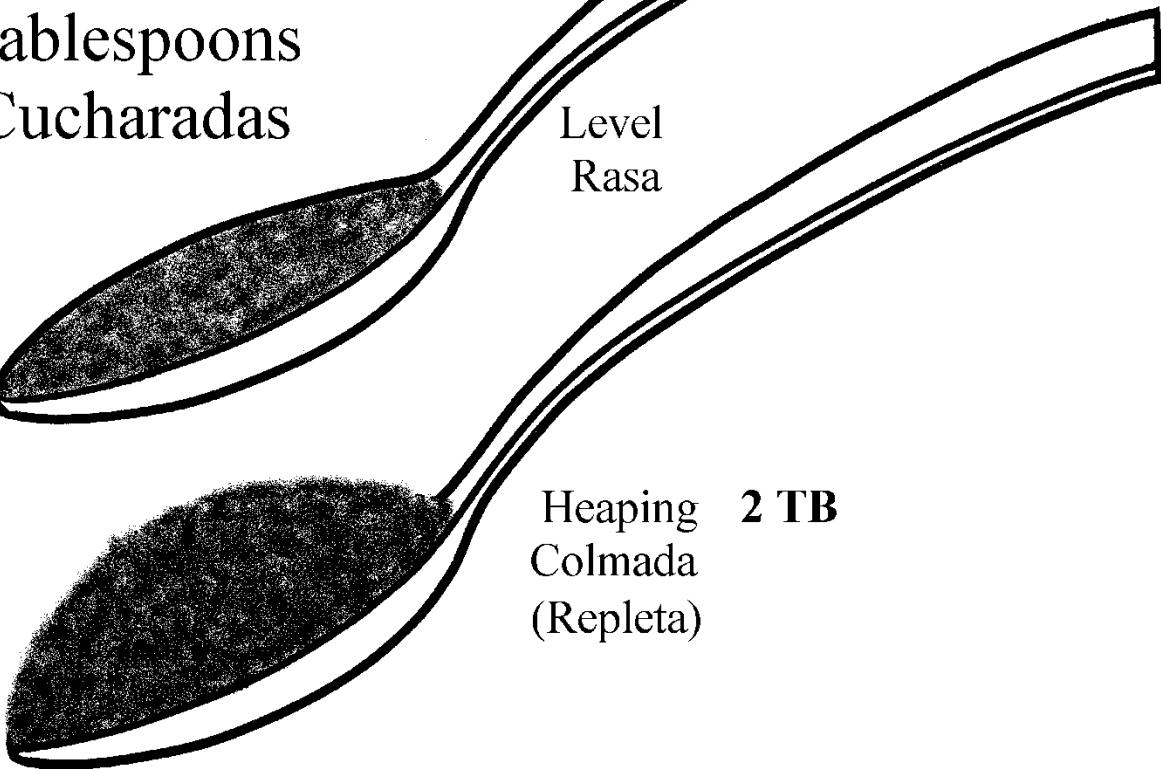
Tablespoons  
Cucharadas

3



Level  
Rasa

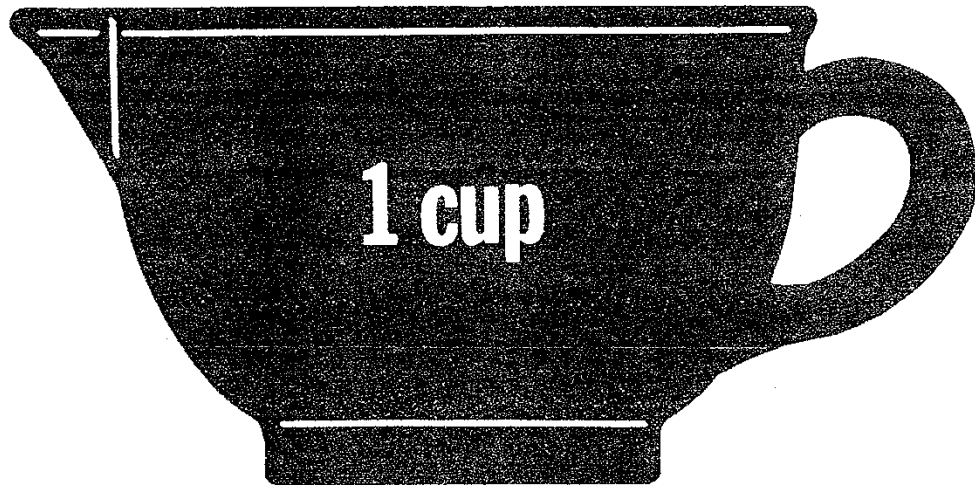
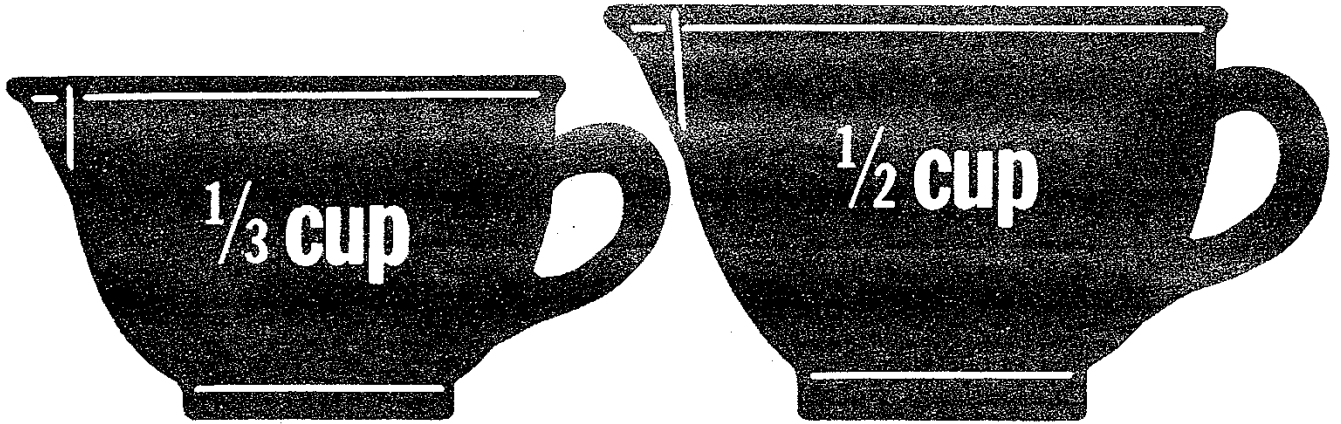
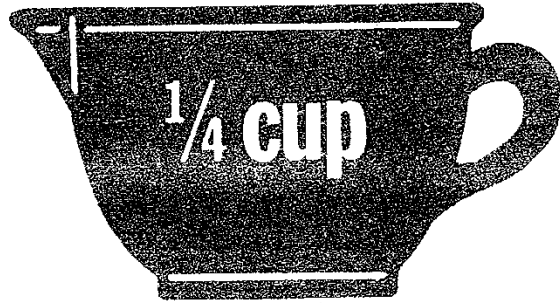
4



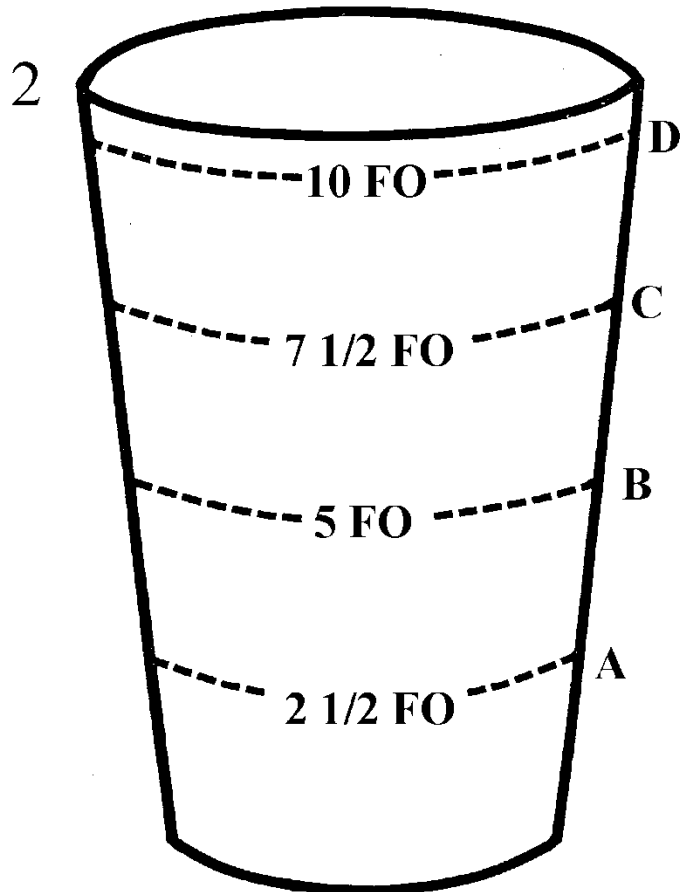
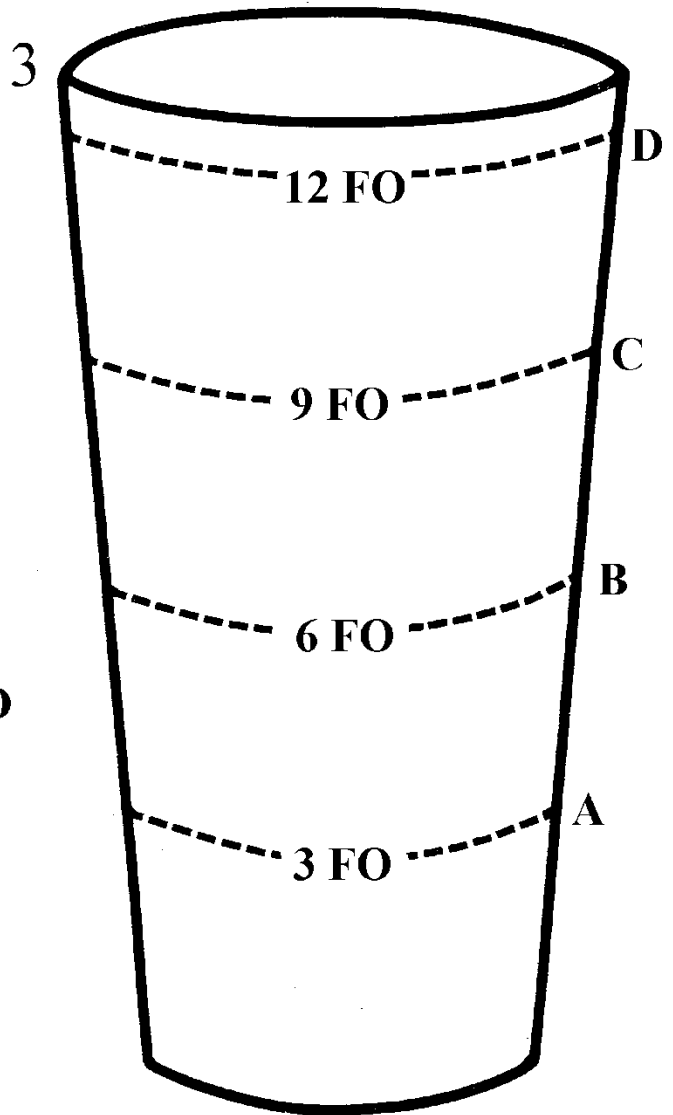
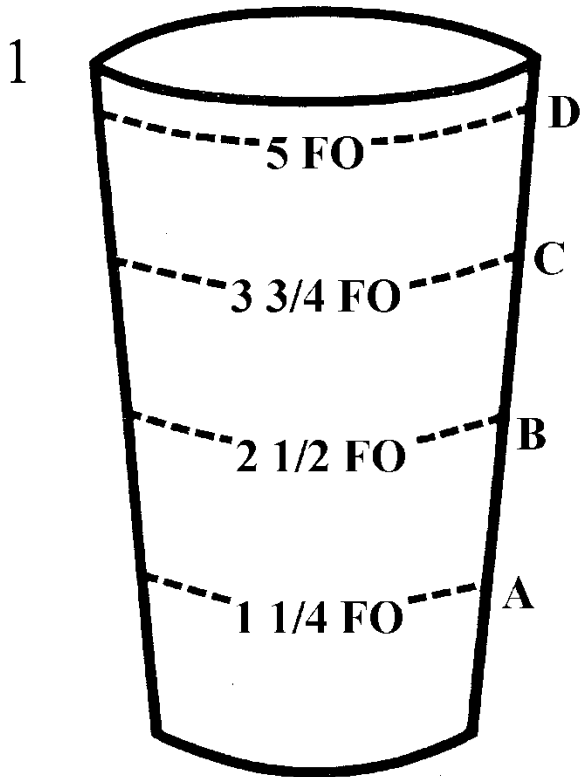
Heaping **2 TB**  
Colmada  
(Repleta)



# Measuring Cups Tazas para Medir

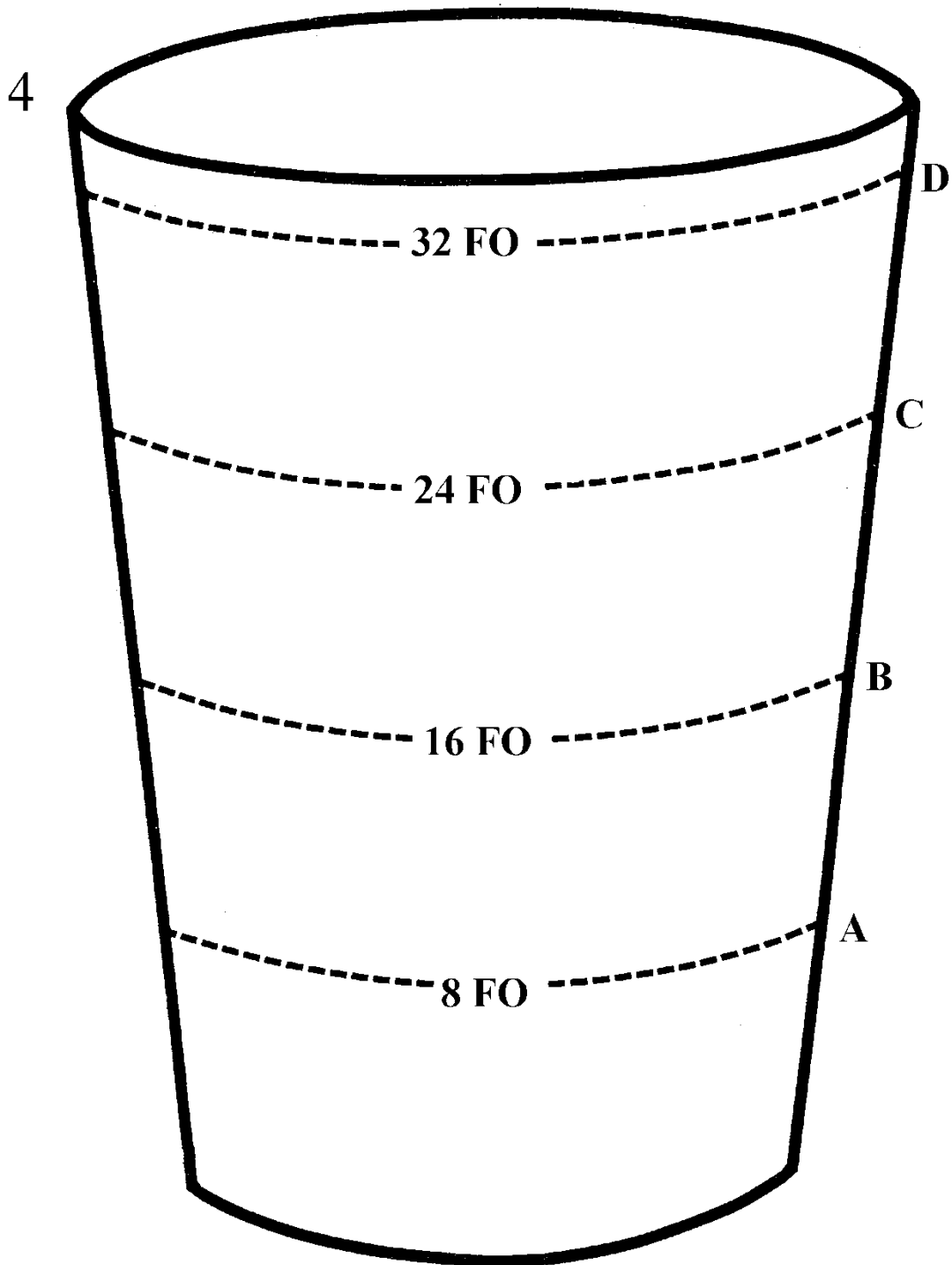


# Glasses Vasos



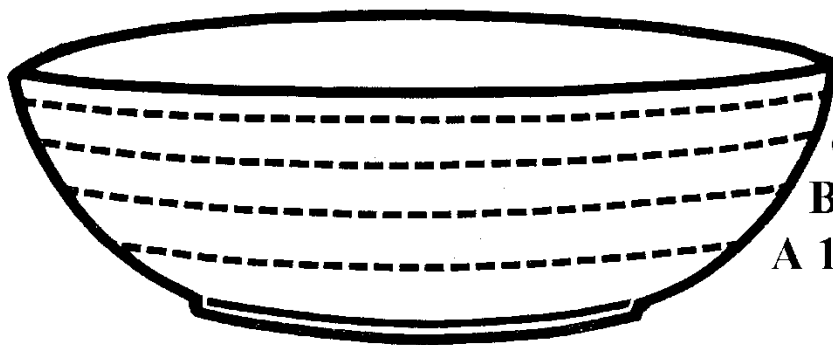
# Glasses

## Vasos



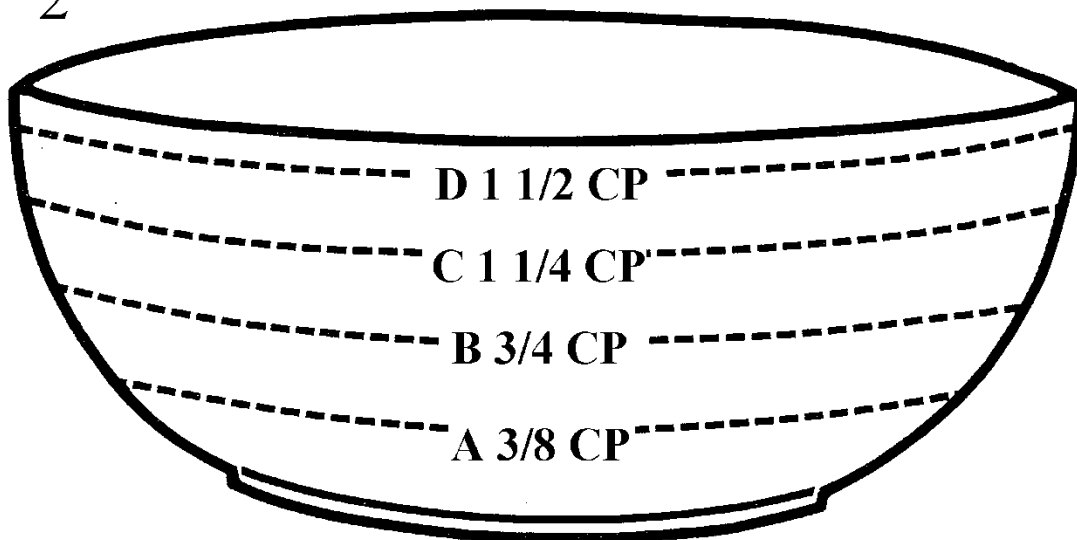
# Bowls Tazones

1



D 1/2 CP  
C 3/8 CP  
B 1/4 CP  
A 1/8 CP

2



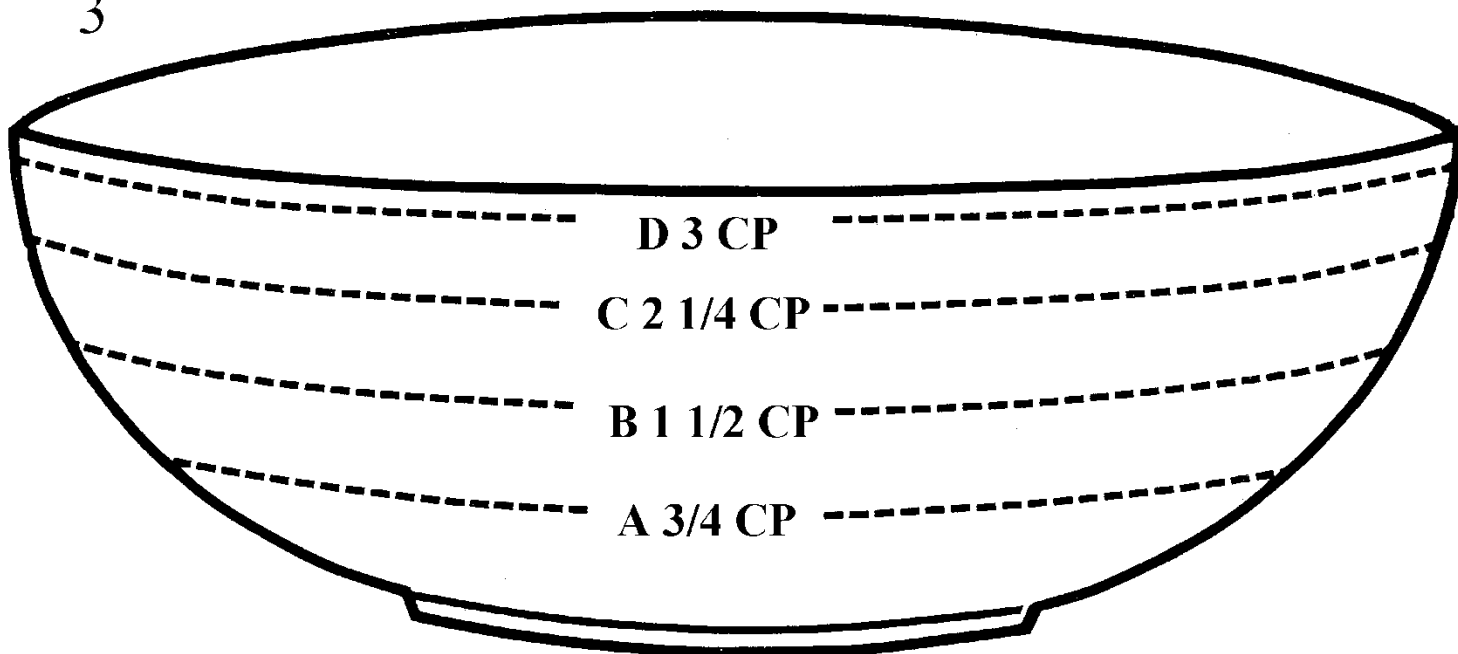
D 1 1/2 CP

C 1 1/4 CP

B 3/4 CP

A 3/8 CP

3

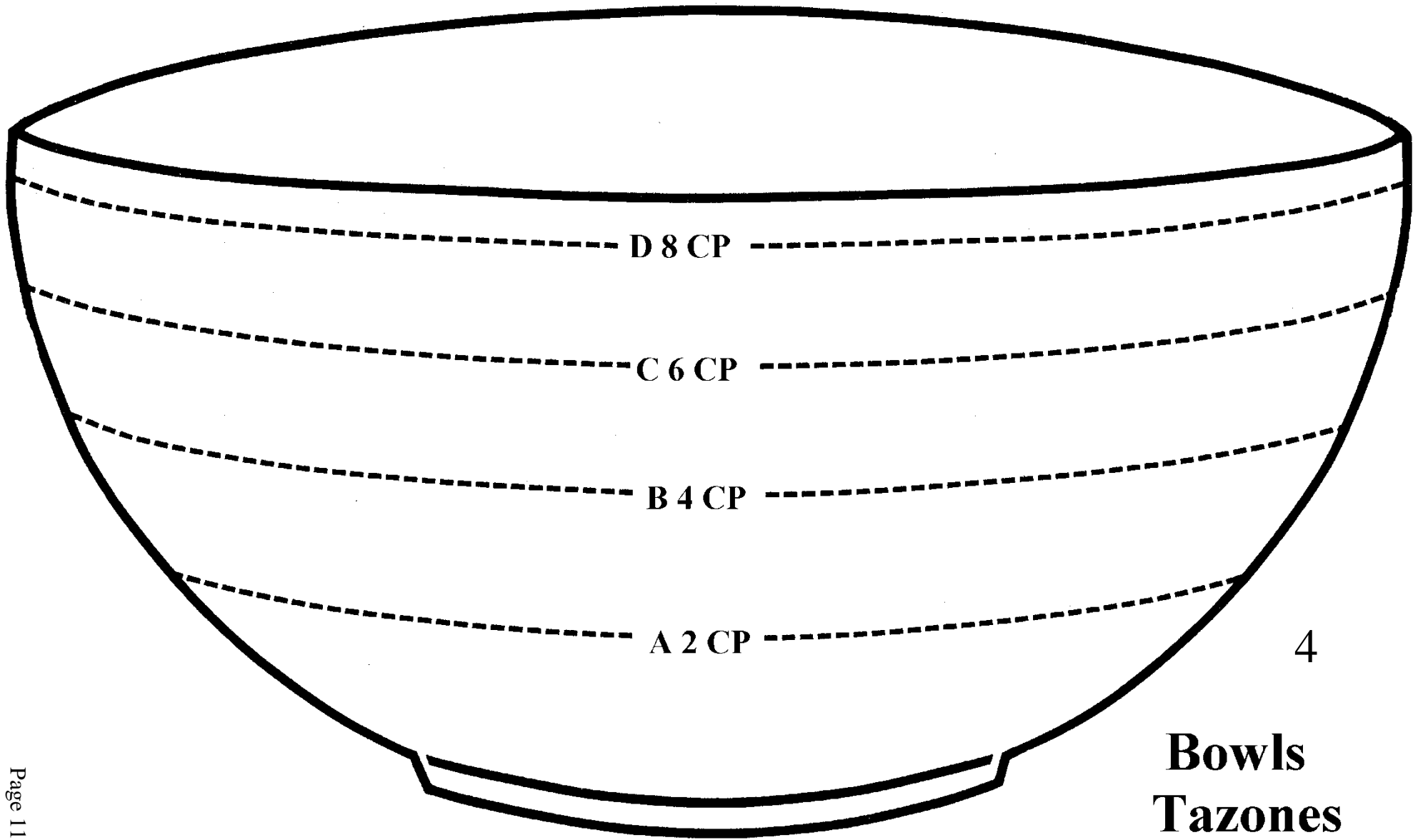


D 3 CP

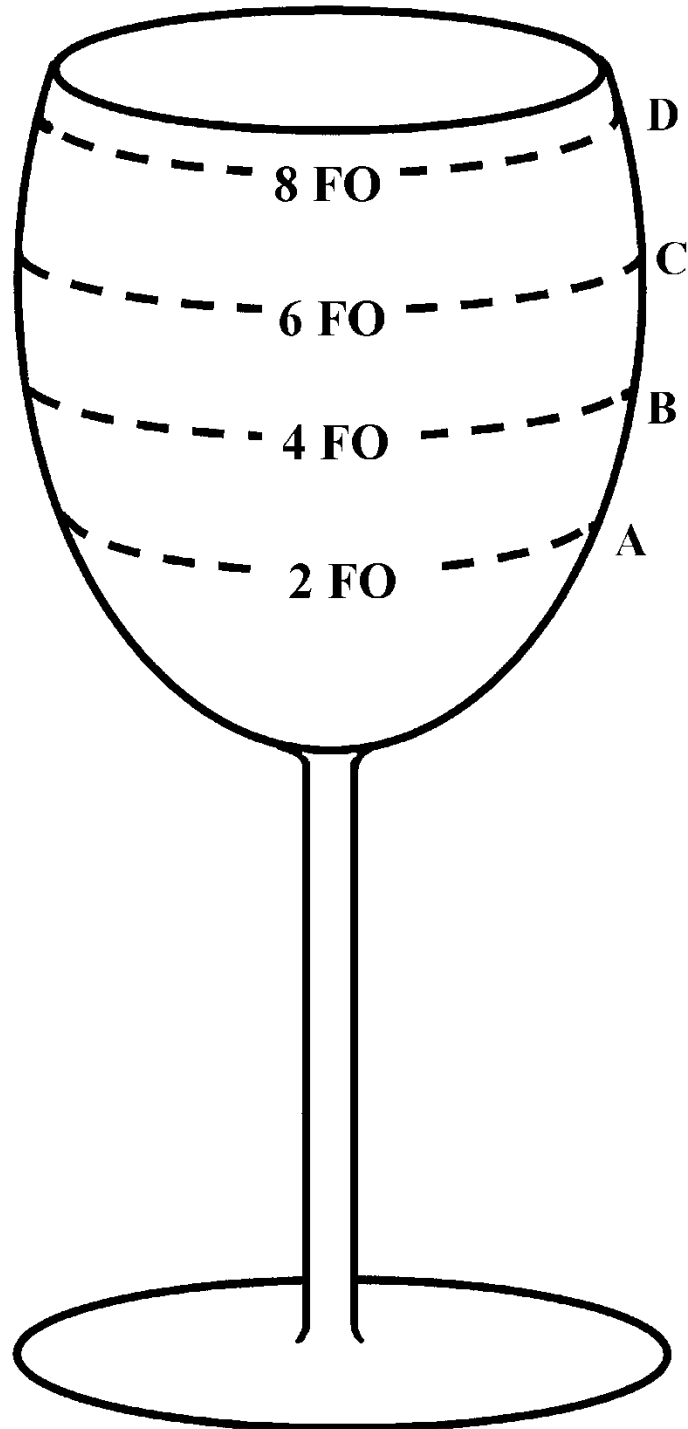
C 2 1/4 CP

B 1 1/2 CP

A 3/4 CP

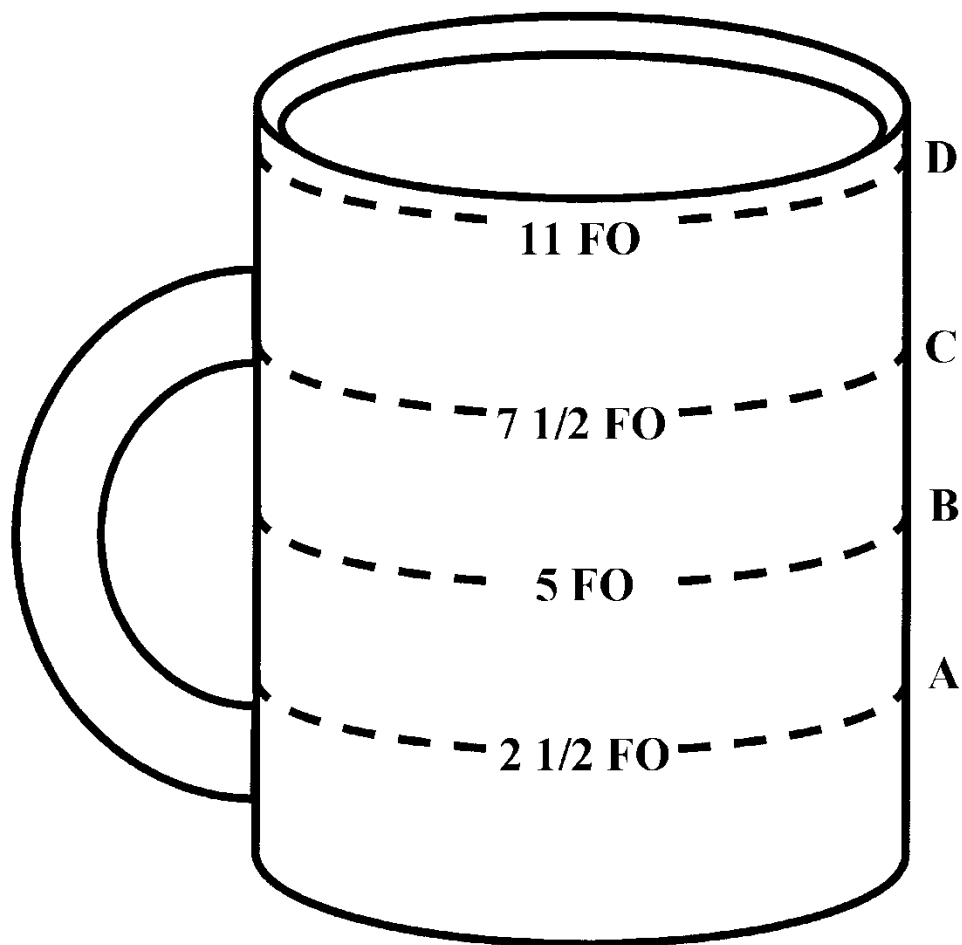


# Wine Glass Copa de Vino

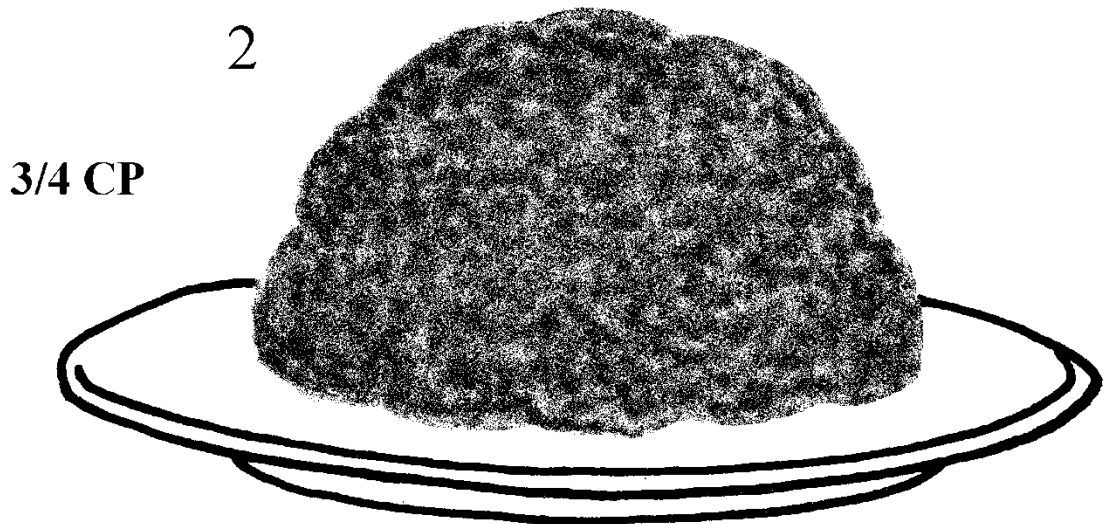
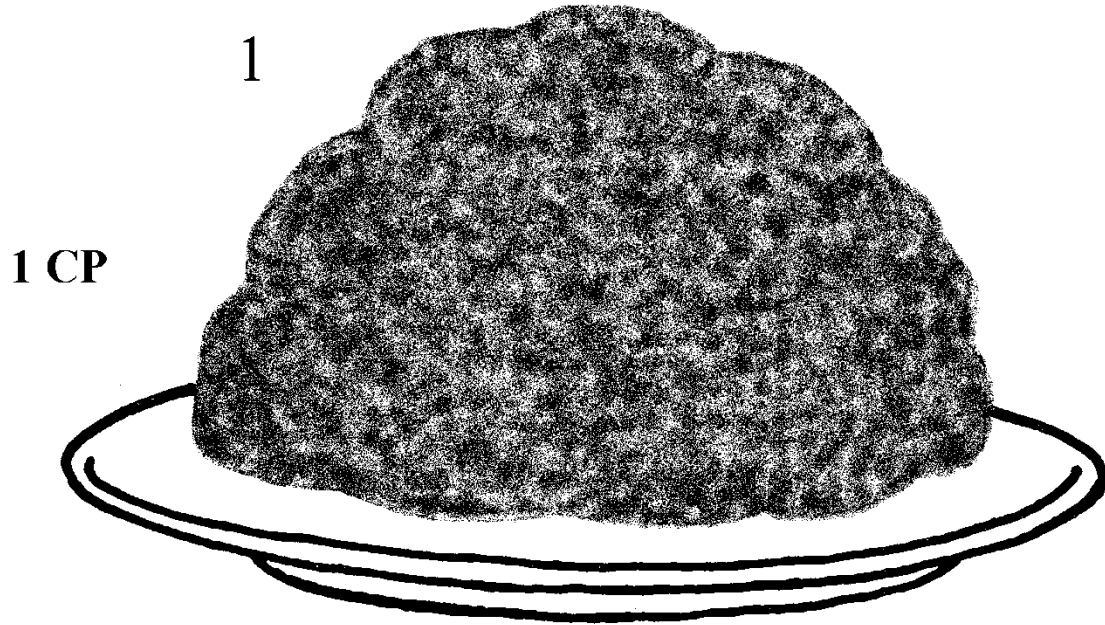


# Mug

## Tazón de Café

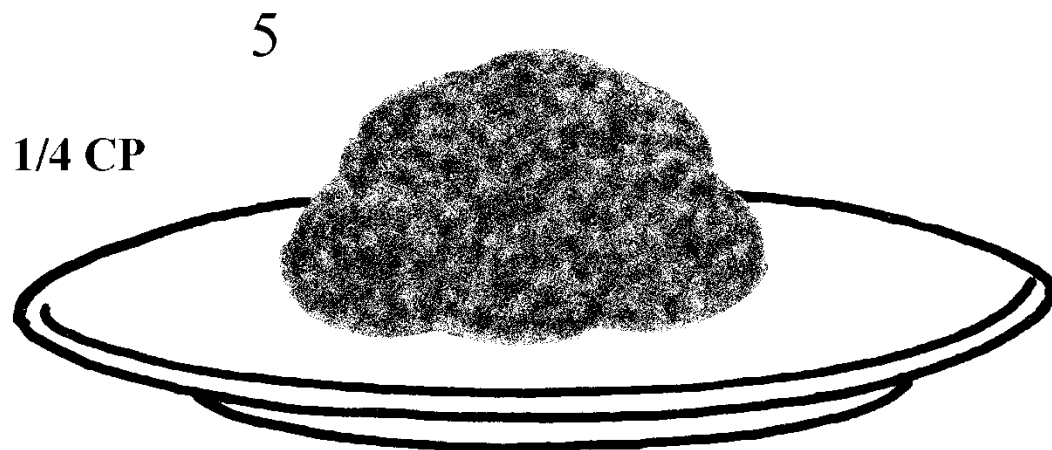
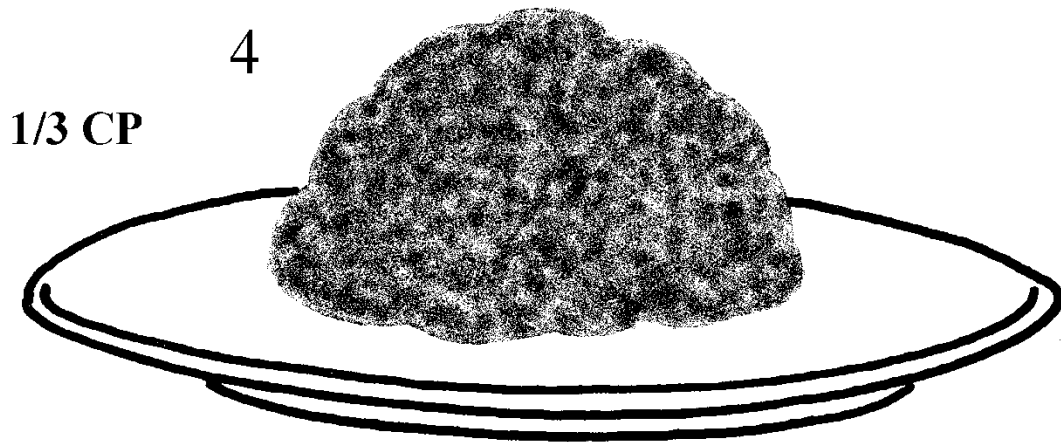
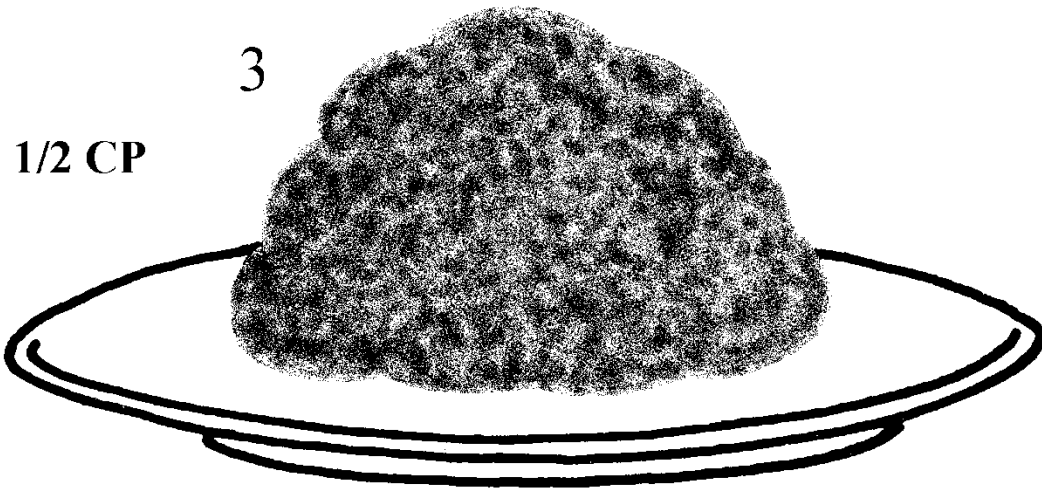


# Mounds Montones

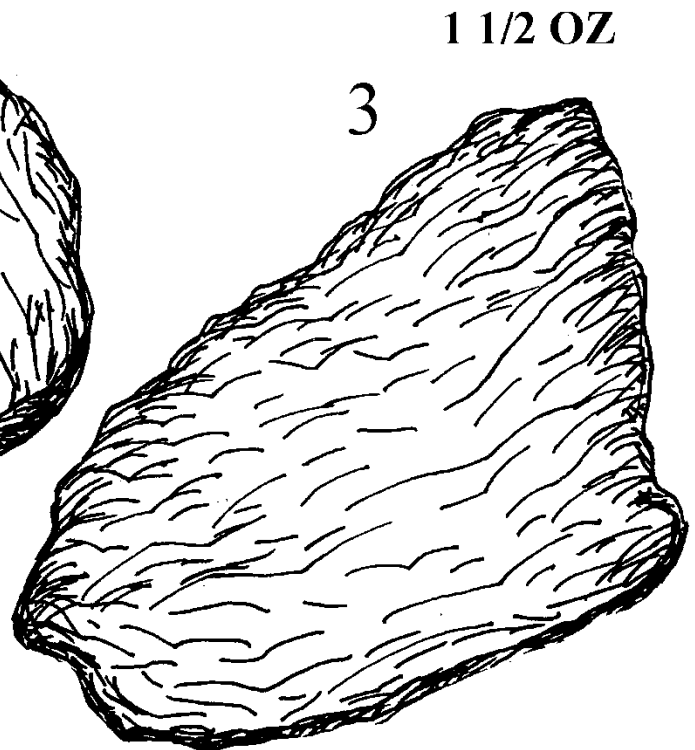
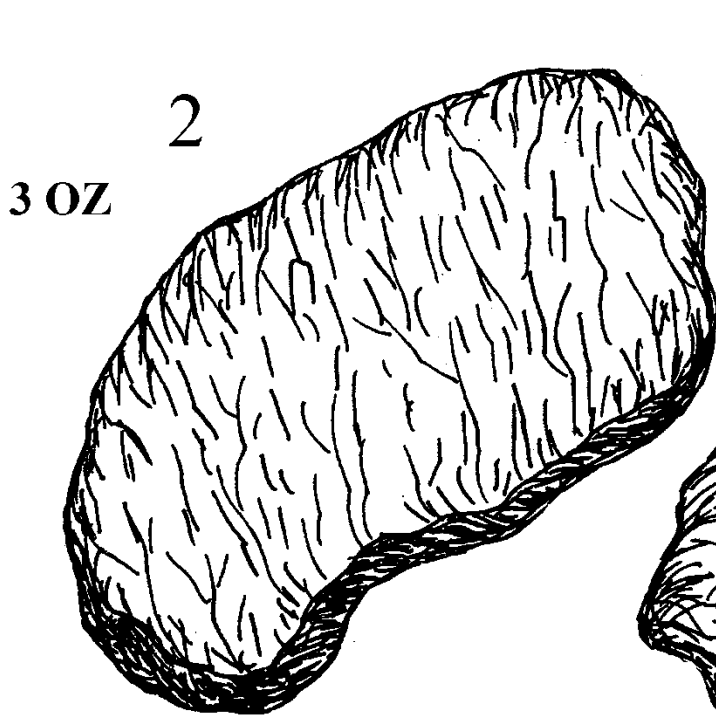
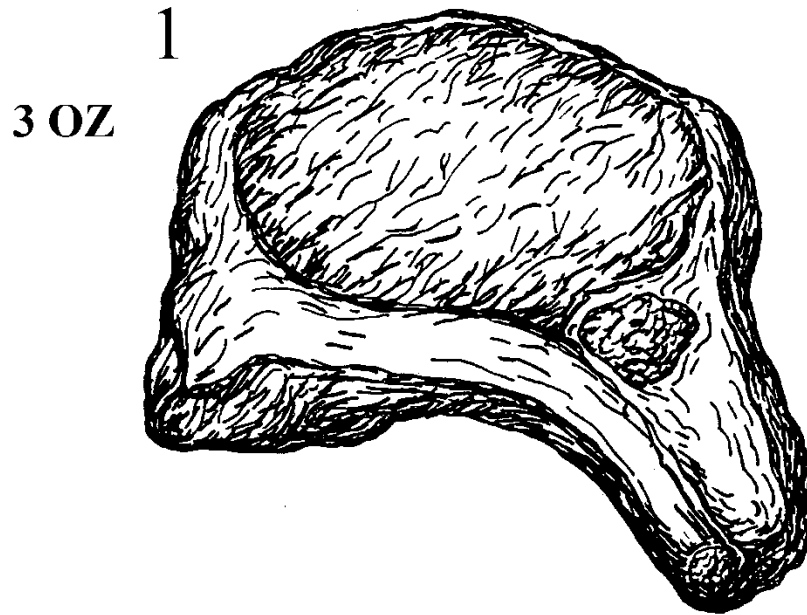




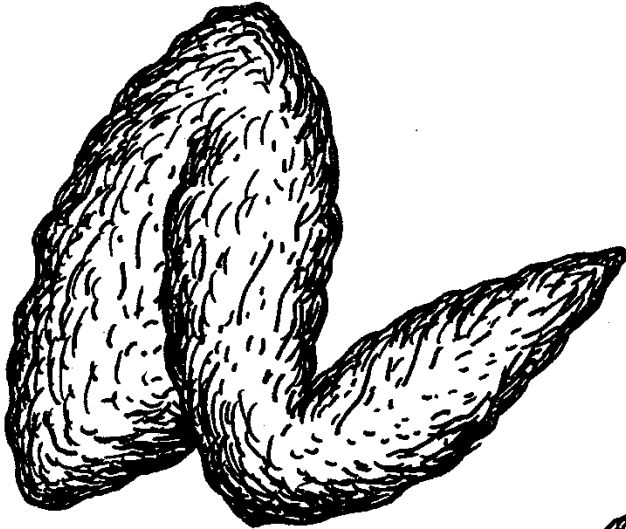
# Mounds Montones



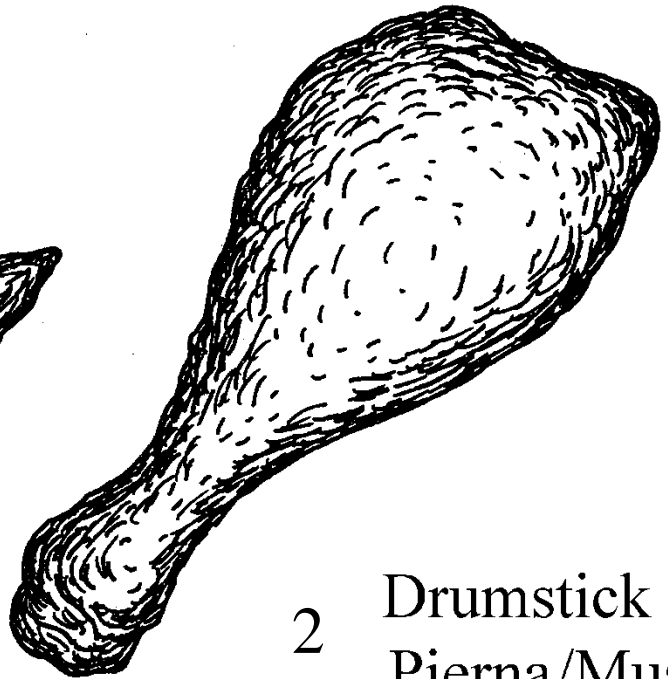
# Meats Carnes



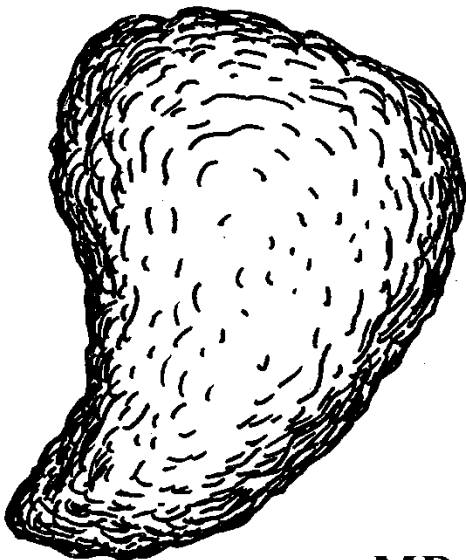
# Chicken Pollo



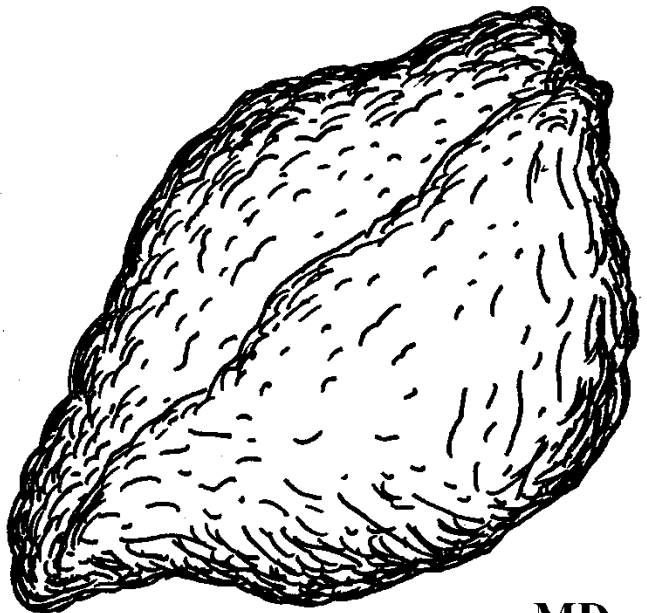
1 Wing  
Ala  
MD



2 Drumstick  
Pierna/Muslo  
MD

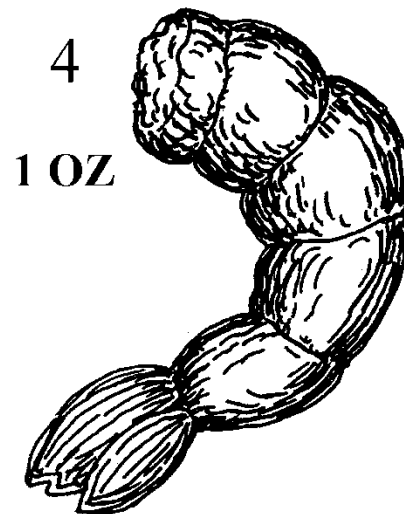
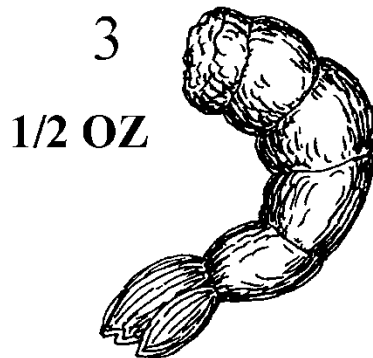
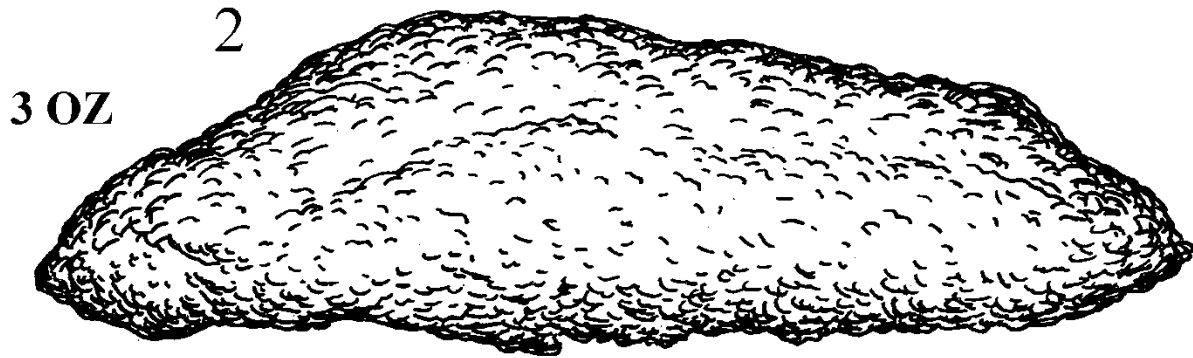
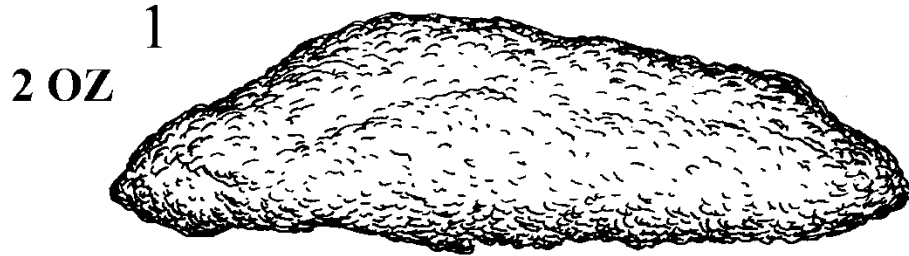


3 Thigh  
Muslo/Cadera  
MD



4 Breast  
Pechuga  
MD

# Fish Pescados



Adapted from: Van Horn LV, Stumbo P, Moag-Stahlberg A, Obarzanek E, Hartmuller VW, Farris RP, Kimm SY, Frederick M, Snetselaar L, Liu K. The Dietary Intervention Study in Children (DISC): dietary assessment methods for 8- to 10-year-olds. *J Am Diet Assoc.* 1993 Dec;93(12):1396-403.  
Modified by Alejandra Valencia, Mary Stevens, Nutrition Coordinating Center, University of Minnesota for the Hispanic Community Health Study, Study of Latinos, 2007.